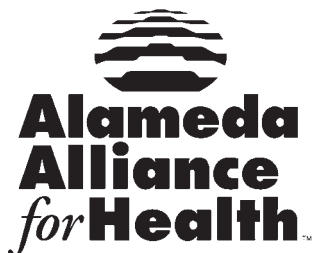




Individual Plan Descriptions



*Building Healthy Communities
One Family at a Time*

Toll-Free 1-877 WeCare8 or 1-877-932-2738

Call 8 a.m. to 6 p.m., Monday - Friday

English, Spanish, Cantonese, Mandarin and Vietnamese

Other languages available

The LOWEST RATES in Alameda County

Only \$4 to \$14 per child per month and no more than \$42 per family per month

Why Choose the Alliance?

- **CHOICE:** We offer members choice of providers with more than 1,700 doctors and specialists, 15 hospitals, 29 community health centers and more than 180 pharmacies throughout Alameda County.
- **LOW-COST:** We are the lowest cost plan in Alameda County. You can get comprehensive health care coverage for \$4 to \$14 per child per month and no more than \$42 per family per month.
- **COMMUNITY-BASED:** We work with doctors in your community who provide quality health care services. Because we serve only Alameda County residents, all of our dollars stay in the local community.
- **FRIENDLY STAFF:** We have staff that speak several languages and understand your needs. Call us if you need help with your child's health care. We can also arrange for an interpreter at no cost to you.
- **FREE HEALTH EDUCATION PROGRAMS:** We can help you take charge of your health by offering health programs, videos, written materials and support groups. Topics include:
 - Healthy Eating & Exercise - Breastfeeding - Childbirth & Parenting
 - Diabetes & Asthma Care - Heart Health - Quit Smoking

How the Plan Works

- You choose your child's doctor - one who meets your needs and has office hours that are convenient for you.
- After picking a doctor, you will get an ID card for medical services and prescriptions.
- If you need a specialist, your doctor will refer you.
- You may change doctors at any time.

How to Choose

Write *Alameda Alliance for Health* in the space provided on the application form. If you have questions or need help choosing a doctor, call us toll-free at **1-877-932-2738**.

Exclusive Provider Organization (EPO)

Call **1-800-227-3238** Monday through Friday from 7 a.m. to 5 p.m.

English, Spanish and interpreting service for most other languages available

Why Become an Anthem Blue Cross member?

- We have one of the largest selections of doctors in the Healthy Families Program, with more than 47,468 doctors and more than 315 hospitals. Call us or visit www.anthem.com/ca to find a provider in your area.
- Your child may go directly to any doctor or specialist in our EPO network.
- We are the low-cost Community Provider Plan in most counties... probably yours!
- 24-hour Nurse Help Line – Free to our members.
- Free 24-hour help with teen health issues.
- Anthem Blue Cross is a trusted name in California health care for more than 70 years.
- Over 250,000 Healthy Families Program members depend on Anthem Blue Cross – more than any other plan.

**Anthem Blue Cross is chosen by more
Healthy Families members statewide than any other plan!**

How Our Plan Works

You get the care you need: You can go to any doctor in our large network of pediatricians, family and general practice doctors – anywhere in the state. You can take your child directly to any specialist in the network, when needed.

You get the prescriptions you need: You can use any of our many approved drug stores: Rite Aid, Walgreens, Longs, CVS and more, including many local, independent drug stores. Prescriptions are just \$5.

You get the answers you need: Our Customer Service Representatives are available to help members Monday through Friday, 7 a.m. to 7 p.m.. For after-hours care, you can call your child's doctor or our nurse health information line.

We reward you for taking your infant for immunizations and your toddler for well-child visits. Our **Member Rewards Program** offers rewards like Child-proofing Kits, Basic First-aid Kits, and Gym/Duffle Bags.

How to Choose

Write **Anthem Blue Cross EPO** in the space provided on the form.
Do you have questions? Call us at **1-800-227-3238**.

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Blue Cross of California
is now



Health Maintenance Organization (HMO)

Call **1-800-227-3238** Monday through Friday from 7 a.m. to 5 p.m.

English, Spanish and interpreting service for most other languages available

Why Become an Anthem Blue Cross Member?

- We have one of the largest selections of doctors in the Healthy Families Program, with more than 13,242 doctors and more than 127 hospitals. Call us or visit www.anthem.com/ca to find a provider in your area.
- 24-hour Nurse Help Line – Free to our members.
- Free 24-hour help with teen health issues.
- We have friendly local Anthem Blue Cross staff in your community to help you.
- Anthem Blue Cross is a trusted health plan in California for more than 70 years.
- Over 250,000 Healthy Families Program members depend on Anthem Blue Cross – more than any other plan.

**Anthem Blue Cross is chosen by more
Healthy Families members statewide than any other plan!**

How Our Plan Works

You get the care you need: You can choose your doctor from our large network of pediatricians, family and general practice doctors. You may change doctors at any time by calling Anthem Blue Cross. Your child's doctor can send you directly to a specialist, when needed.

You get the prescriptions you need: You can use any of our many approved drug stores: Rite Aid, Walgreens, Longs, CVS and more, including many local, independent drug stores. Prescriptions are just \$5.

You get the answers you need: Our friendly and helpful Customer Service Representatives are available to help members Monday through Friday, 7 a.m. to 7 p.m. For after-hours care, you can call your child's doctor or our nurse health information line.

We reward you for taking your infant for immunizations and your toddler for well-child visits. Our **Member Rewards Program** offers rewards like Child-proofing Kits, Basic First-aid Kits, and Gym/Duffle Bags.

How to Choose

Write **Anthem Blue Cross HMO** in the space provided on the form.

Do you have questions? Call us at **1-800-227-3238**.

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EPO Plan

1-800-393-6145

**Call 8 a.m. to 5 p.m., Monday - Friday
English, Spanish, and Language Line interpreters
available for most other languages**

What's the difference between an EPO and HMO plan?

The county that your child lives in determines whether they will receive EPO or HMO coverage. In our EPO plan, you can pick any provider who's part of our Healthy Families EPO network each time your child needs care.

Why should you choose Blue Shield EPO?

- **Service:** Blue Shield of California has a nearly 70-year tradition of member service.
- **Rates:** You pay from \$7 to \$17 per child, with a maximum payment of \$51 per month for all the children in your family.
- **Doctors:** You can pick your child's doctor from our Healthy Families EPO network.
- **Support:** We offer a variety of health and wellness resources such as health management programs, preventive care newsletters, and health education materials.

How the Blue Shield EPO plan works

- **Get access to quality care:** You can take your child directly to any doctor or specialist, of your choice, in our Healthy Families EPO network.
- **It's easy to fill your prescriptions:** You can get your child's prescriptions for just \$5 each, filled at any Blue Shield network pharmacy: Walgreens, Longs, Rite Aid, Sav-On, and more, including many local and independent pharmacies throughout California.
- **We're ready to help you:** Our friendly Member Services staff is here Monday through Friday from 8 a.m. to 5 p.m., to answer your questions. Call us at **1-800-393-6145**.

How to Choose

Write **Blue Shield EPO** in the space provided on the form. For help finding a doctor near you, call us at **1-800-393-6145**.

An Independent Member of the Blue Shield Association



HMO Plan

1-800-393-6145

Call 8 a.m. to 5 p.m., Monday - Friday

**English, Spanish, and Language Line interpreters
available for most other languages**

What's the difference between an EPO and HMO plan?

The county that your child lives in determines whether they will receive EPO or HMO coverage. In our HMO plan, you pick a doctor who you will see each time your child needs care.

Why should you choose Blue Shield HMO?

- **Quality:** The National Committee of Quality Assurance (NCQA) rated our HMO Plan, "Excellent" which is the highest possible rating for our service and quality.
- **Service:** Blue Shield of California has a nearly 70-year tradition of member service.
- **Rates:** You pay from \$7 to \$17 per child, with a maximum payment of \$51 per month for all the children in your family.
- **Doctors:** You can pick from over 28,000 Personal Physicians and find a doctor who speaks your language.

How the Blue Shield HMO plan works

- **Get access to quality care:** You pick your child's personal doctor from our large network, and he or she will provide you with referrals to specialists when needed.
- **It's easy to fill your prescriptions:** You can get your child's prescriptions for just \$5 each at any Blue Shield network pharmacy: Walgreens, Longs, Rite Aid, Sav-On, and more, including many local and independent pharmacies throughout California.
- **We're ready to help you:** Our friendly Member Service staff is here Monday through Friday from 8 a.m. to 5 p.m., to answer your questions.

How to Choose

Write **Blue Shield HMO** in the space provided on the form. For help finding a doctor near you, call us at **1-800-393-6145**.

CalOptima

A Public Healthcare Agency



A Plan for Healthy Families

1-800-530-2899

Call 8 a.m. to 5:30 p.m. Monday – Friday

English, Spanish, Vietnamese and many other languages available

The only Healthy Families Program plan in Orange County offering the BEST RATES of \$4 to \$14 per child up to a maximum of \$42 per family.

CalOptima Kids was created to improve health care access for children in Orange County. In 2006, the Healthy Families Program recognized CalOptima Kids with an Excellence Award for providing access to quality care to its members.

Why Choose CalOptima Kids?

- Your child comes first!
- Quality care is our top priority!
- We have a program that rewards our members when they get necessary checkups and immunizations.
- You may choose from over 1,800 physicians and hundreds of pharmacies throughout Orange County.
- We offer 24-hour telephone access to a doctor/nurse helpline.
- We have highly skilled and friendly staff who understand your concerns and get the answers you need.

How the Plan Works:

- **Doctors who understand your concerns:** The doctor you choose will be your child's primary care physician and will provide your child's routine medical care. If you need to, you can change doctors for any reason.
- **The care your child needs:** Your child's doctor will work with you and will arrange any special care services your child needs. The doctor will work with you to make a referral directly to a specialist.
- **The medications your child needs:** Show your child's CalOptima Kids ID card at any one of over 450 pharmacies to fill a prescription and only pay a small co-payment.
- **Medical care around the clock:** Call your child's doctor if you have an emergency. If you cannot reach your child's doctor, call 911 or go directly to your nearest hospital emergency room. Make sure to always have your child's CalOptima Kids ID card with you.

How to Choose

Write *CalOptima Kids* and the name of the doctor you want in the space provided on the Healthy Families Program application. If you have questions, please call our Customer Service Department at **1-800-530-2899**.



1-800-605-2556

Call 8:00 a.m. to 5:00 p.m. Monday - Friday

Our highly-skilled and friendly

Member Services Representatives will assist you.

**We speak English, Spanish, Russian, Armenian,
Vietnamese, Cantonese, Mandarin and many other languages.**

Why join Care1st Health Plan?

With Care1st, you get a health care partner committed to ensuring you get the best care. Because good care is a partnership between you, your doctor and health plan.

- **We are local.** We work with doctors in your neighborhood who speak your language and understand your needs.
- **Special Care.** We work with many specialists to treat special health care concerns, when needed.
- **Free language assistance.** We will arrange free interpretation services for you during doctor and pharmacy visits so that you understand your care.
- **Need medicine?** Many of our 1,400 pharmacy partners are near you like Sav-On, Rite Aid and others. Many offer 24-hour service.

How Our Plan Works

Pick a Doctor. Choose a Primary Care Physician (PCP) from our large selection of partners. He/she will handle all of your child's routine health care needs and arrange visits to specialists. Just make an appointment to see him/her.

You may change your child's PCP anytime for any reason - just call us at **1-800-605-2556**.

Health Plan Identification Card. We will send you an I.D. card for your child before his/her health coverage begins. Keep this card with you and show it whenever your child sees the doctor, goes to the hospital, or you pick up medicine for him/her.

We are here for you. Call us at **1-800-605-2556** if you have questions, a problem, or need assistance with your child's health care.

How to Choose

Write **Care1st Health Plan** in the space provided on the form. Include your name and doctor choice too. If you need help just call us at **1-800-605-2556**.



CenCalHEALTH™

The Regional Health Authority

1-877-814-1861

Call toll free 8 a.m. to 5 p.m., Monday–Friday

Spanish and English plus other languages—using Language Line Interpreters

Serving all communities in Santa Barbara and San Luis Obispo Counties

Why Choose CenCal Health?

We Have the Lowest Rates in Santa Barbara County!

- From \$4 to \$14 per child per month to \$42 maximum per month for all children in a family
- Over 950 healthcare professionals
- Health centers include: American Indian Health & Services, Community and Neighborhood Clinics, County Health Clinics, Community Health Centers of the Central Coast, all hospitals in Santa Barbara and San Luis Obispo Counties, and over 110 pharmacies

CenCal Health is your central coast health plan headquartered in Santa Barbara. We help thousands of kids every year! Our Member Services staff live and work here and know the community. They are available for you daily from 8 a.m. to 5 p.m. at **1-877-814-1861** for information and inquiries.

How the Plan Works: It's easy!

- Choose CenCal Health and pick one of the Primary Care Physicians (PCP) from our list (almost all of our PCP offices have staff who speak Spanish). We will send you a new member welcome packet with an ID card and Evidence of Coverage / Member Handbook.
- The PCP you choose for your child will provide care and refer your child to other doctors if needed. You may change your PCP once a month.
- You can even call some of the other doctors yourself to arrange an appointment directly:
 - chiropractors for 20 visits per year
 - acupuncturists for 20 visits per year
 - gynecologists for yearly well woman exams
- Plus, you may get the prescription drugs you need from pharmacies right in your neighborhood.

How to Choose

Write ***CenCal Health*** and the PCP you want in the space provided on the form. If you have questions, call us toll free at **1-877-814-1861**, or visit our web site at www.cencalhealth.org.



1-800-700-3874

Call 8:00 a.m. to 5:00 p.m., Monday - Friday
English and Spanish - Other languages available
www.ccah-alliance.org

Why Choose Central Coast Alliance for Health?

Cost

- We are the only plan in Santa Cruz and Monterey counties available at the lowest monthly cost of \$4 - \$14 per child per month, up to a maximum of \$42 per month for all children in the family.

Choice

- You may choose your own doctor. We have over 1,100 providers including specialists, hospitals and pharmacies so you can get care when you need it in your neighborhood.
- Female members can see an OB/GYN doctor without a referral.

Quality and Service

- We work hard to give you the best care and customer service. We are committed to our community and the health of your children.
- We are local - with offices in Scotts Valley, Watsonville and Salinas.
- We have programs such as asthma and diabetes management to help keep your child healthy. We have nurses, social workers and health educators on staff to help you.

How the Plan Works

- When you enroll, choose a doctor that is right for your child. You may change doctors up to once a month.
- Your doctor will help with all your child's health care needs. He or she will refer your child to a specialist or to the hospital when needed.
- We will send you membership information and an Alliance ID card. You will need to show your ID card at your doctor appointments and at the pharmacy.
- You can get your prescriptions from a choice of many chain and neighborhood pharmacies.
- If you need urgent care, you can call your doctor 24 hours a day, seven days a week.

How to Choose

Write ***Central Coast Alliance for Health*** and your choice of a doctor or clinic in the space provided on the form. If you have any questions call our friendly bilingual staff toll free at **1-800-700-3874**. We're here to help you!



1-800-224-7766 24 hours a day, 7 days a week, 365 days a year
English, Spanish, Vietnamese

Over 140 other languages available through the Language Line

Why Choose Community Health Group?

We have been caring for people in San Diego County since 1982. As of July 2003, we are in the Southern half of Riverside County. As a nonprofit health plan, we reinvest our resources in new programs and services. Based on our large provider network, we have been designated San Diego County's *Community Provider Plan* for the past ten years. This designation means we are available from \$4 -\$14 per child per month, up to a maximum of \$42 per month for all children in the family

Our members have access to:

- Members Services 24 Hours a Day, 7 Days a Week, by Calling 1-800-224-7766.
- A 24-Hour Telephone Advice Nurse.
- Over 490 primary care doctors and over 2,000 specialty doctors.
- Over 300 pharmacies, including Rite Aid, Sav-on, Longs, Wal-Mart and many neighborhood pharmacies.
- Most local hospitals, including Children's Hospital, Sharp Healthcare and Scripps Hospitals.
- Multilingual health education services and materials.

How the Plan Works

- You may choose your doctor or we can help you find one who best meets your needs.
- You will receive a welcome telephone call during your first effective month.
- You will receive a welcome packet with information on our services, a Member ID Card, and a Prescription Drug Card.
- You can go to any of our pharmacies or order prescription drugs through the mail.
- Urgent care services are available 24 hours a day and are authorized through your doctor or referred by the Telephone Advice Nurse.
- For emergencies, call 911 or go to the nearest hospital emergency room.

How to Choose

Write ***Community Health Group*** and the name of the doctor you want in the space provided on the form. If you have any questions, or need help choosing a doctor, call us toll-free at **1-800-224-7766**.



Community Health Plan

LOS ANGELES COUNTY

1-800-475-5550 Call 24 Hours A Day

TDD/TTY Service: 1-800-353-7988

Interpreter Services Available For All Languages

Why choose Community Health Plan?

Community Health Plan has a large network of physicians, hospitals, pharmacies, and medical professionals to choose from throughout Los Angeles County. We contract with public and private hospitals right in your community, which provide eligible children with access to quality health care services. Community Health Plan has been selected as the “Community Provider Plan” for Los Angeles County for the last eight years in a row. As a result, CHP is available at the lowest premiums for your family.

- Premiums from \$4 to \$14 per child per month to a maximum of \$42 per month for all children in a family.
- You have many choices when you join CHP. We have thousands of doctors, with pharmacies located in your community.
- Doctors available in many languages who understand your culture and values.
- Many of our facilities have extended hours and weekend services.
- A toll-free, 24-hour Nurse Advise Line to assist you.
- Urgent care centers open until 11:00 p.m., 7 days a week.

How the Plan Works

- You may choose your personal primary care doctor when you enroll.
- You will receive an ID card for medical services and prescriptions.
- Your primary care doctor will coordinate all your care.
- If you need to change doctors, our Member Services office will assist you.
- Prescription medications can be filled at any of our many pharmacies in your community.
- Questions? Call our Nurse Advise Line or Member Services if you need assistance.

How to Choose

Write ***Community Health Plan*** in the space provided on the form.

If you need assistance, please call our Member Services at **1-800-475-5550**.



1-877-661-6230

**Call 8 a.m. to 5p.m., Monday – Friday (except Holidays)
English and Spanish, plus a Language Help Line!**

Why Choose Contra Costa Health Plan (CCHP)?

CCHP is committed to the highest standards of customer service and quality health care. We have been caring for the people of Contra Costa for over 35 years and now serve more than 80,000 people. As a Community Provider Plan, we are available at the lowest rates of only \$4 - \$14 per child, up to a maximum of \$42 per month for all children in the family!

How the Plan Works

- Your ID card is your ticket to quality health care and lists important numbers on the back.
- You may choose a primary care provider (PCP) before enrollment, or we will suggest one for you. You may change your PCP anytime.
- Your PCP will help you get the care you need, including referrals to specialists and hospitals.
- Use any of our eight neighborhood Health Centers or our expanded network of private, community providers and hospitals.
- Get your prescription drugs through our nationwide network of pharmacies!
- If you need a drug that is not on our Preferred Drug List, your doctor will work with CCHP to help you get the medicine you need.
- Experienced Member Services Counselors can answer your questions, update your information and help you find a PCP that meets your needs.
- If you are sick or injured, our Advice Nurse Service can help you decide what to do 24-hours a day, every day.
- We also have disease management programs, health education services and Personal Health Advisors for complex medical needs.
- You are covered for urgent and emergency care services worldwide!

How to Choose

Write ***Contra Costa Health Plan*** in the space provided on the form. If you have questions or need help with the form, call **1-877-661-6230** (press 6).

Contra Costa Health Plan – A Culture of Caring



Health Net®

Life Insurance Company

Toll-free 1-800-327-0502 Monday-Friday 7:30 a.m. -7:00 p.m.
Multilingual Customer Service

Why choose Health Net Life EPO?

Our business is taking care of you. Health Net has been providing valuable health care coverage to Californians just like you for over 25 years. Our plan is affordable and designed to cover your unique health care needs. Health Net offers:

- One of California's largest health care plan providers with more than 2.4 million members
- A large statewide network of providers located in your community with 48,000 contracted physicians, 420 hospitals, 4,400 pharmacies statewide
- A member 24-hour Nurse Advice Line is a phone call away
- Member assistance with excellent service 24 hours a day, 7 days a week, with Member Services Representatives who speak your language
- Local Health Net staff in your community to help you
- Access to a variety of health and wellness resources and materials at no charge to you, such as childhood obesity, diabetes and asthma management
- Web site www.healthnet.com with doctor search function and health tips
- EPO Plan is underwritten by Health Net Life, a subsidiary of Health Net

How the Plan Works

- You choose a Primary Care Physician, who will be your child's regular doctor and will provide or arrange for your child's care.
- Your child's regular doctor will refer your child to a specialist when they need one.
- You may switch your child's regular doctor as often as once monthly.
- Prescriptions are covered at participating pharmacies. Show your prescription and Health Net ID card at the pharmacy. We use Rite-Aid, CVS, Longs, Costco, Sav-on and Walgreens, along with many other local neighborhood independent pharmacies too
- Doctors use our approved list of drugs that has both generic and brand name medications.
- For after-hours care, contact the office of one of the doctors in our network or call the 24-hour nurse advice line for immediate response.
- For life-threatening emergencies, call 911 or go to your nearest emergency room.

How to Choose

Write **Health Net Life EPO-1031** in the space provided on the form. If you need assistance choosing a doctor or completing the form, call **1-800-327-0502**.



Health Net®

**Toll - free 1-800-327-0502 Monday - Friday 7:30 a.m. -7:00 p.m.
Multilingual Customer Service**

Why Choose Health Net HMO?

Our business is taking care of you. Health Net has been providing valuable health care coverage to Californians just like you for over 25 years. Our plan is affordable and designed to cover your unique health care needs. Health Net offers:

- One of California's largest health care plan's with more than 2.4 million members
- We are the low-cost Community Provider Plan (CPP) in Fresno, Solano, Napa, and Yolo Counties. As the CPP in Fresno, Solano, Napa, and Yolo Counties, the HFP premiums range from \$4 - \$14 per child per month with a maximum of \$42 per month for all eligible children in a family.
- A large statewide selection of providers located in your community with 48,000 contracted physicians, 420 hospitals, 4,400 pharmacies statewide
- Member assistance with excellent service 24 hours a day, 7 days a week, with Member Service Representatives who speak your language
- A member 24-hour Nurse Advice Line is a phone call away
- Local Health Net staff in your community to help you
- Access to a variety of health and wellness resources and materials at no charge to you, such as childhood obesity, diabetes and asthma management
- Awarded the highest quality accreditation status of "Excellent" by the National Committee for Quality Assurance (NCQA) for our Commercial HMO Product.
- Visit our web site www.healthnet.com to look for a doctor and find health tips

How Health Net HMO works

- You choose a Primary Care Physician (PCP) who will be your child's regular doctor. The PCP and their medical group will provide or arrange for your child's care.
- Your child's regular doctor will refer your child to a specialist doctor when they need one.
- You may switch your child's regular doctor as often as once monthly.
- Prescriptions are covered at participating pharmacies. Show your prescription and Health Net ID card at the pharmacy. We use Rite-Aid, CVS, Longs, Costco, Sav-on and Walgreens, along with many other local neighborhood independent pharmacies too
- Doctors use our approved list of drugs that has both generic and brand name medications
- For after-hours care, contact the office of your child's doctor or medical group for immediate response. Many have urgent care locations as well
- For life-threatening emergencies, call 911 or go to the nearest emergency room.

How to Choose

Write **Health Net HMO-1010** in the space provided on the form. If you need assistance choosing a doctor or completing the enrollment form, call **1-800-327-0502**.



Health Plan of San Joaquin

**1-888-936-PLAN (7526) Call 8 a.m. to 5 p.m., Monday–Friday
English, Spanish, Hmong, Vietnamese, and Cambodian**

Why choose Health Plan of San Joaquin (HPSJ)?

- **Save up to 43%**

As the Community Provider Plan for San Joaquin and Stanislaus Counties, HPSJ is the only plan with premiums of \$4 - \$14 per child per month, up to a maximum of \$42 per month for all children in a family. You'll get all the benefits of the Healthy Families Program, and still pay less than you would for other plans!

- **Access**

You can choose from hundreds of doctors, hospitals and pharmacies throughout Stanislaus County. Galt families can also select HPSJ and receive care in our service area!

- **Health Information**

Speak to a nurse by phone 24 hours a day. Call our audio-library to learn more about diabetes, asthma, and other health related topics - a free service for our members!

- **Personalized Service**

We're conveniently located in the Central Valley and just a phone call away. You can receive application assistance or meet with a representative from our Member Services Department to discuss your benefits.

How the Plan Works

Select your child's primary care doctor from a list of local providers. This doctor will oversee your child's healthcare.

Your child's primary care doctor will refer you to an HPSJ specialist. If the appropriate specialist is not available within our network, we will assist your doctor in locating a specialist outside our network.

We will send you an identification card listing your child's doctor. Present this card each time you seek medical services. We encourage you to schedule an appointment with your doctor for preventive care as soon as you become a member.

How to Choose

It's easy! Write **HPSJ** in the space provided on the form. Call us today for more information! **1-888-936-PLAN (7526)**.



1-800-750-4776 M-Th: 8:00 a.m. - 6:00 p.m., F: 9:30 a.m. - 6:00 p.m.

English, Spanish, Tagalog,

and many other languages through interpreter services

Why Choose Health Plan of San Mateo (HPSM)?

Choose HPSM so you can get the health care you need from the doctors, clinics, and hospitals you know! HPSM has operated locally in San Mateo County since 1987. We work with most of the local doctors and hospitals in the area and over 200 chain and independent pharmacies. Our doctors speak several languages, understand your culture, and are close to your home or work. We are the Community Provider Plan for San Mateo County so your Healthy Families monthly premium range for the CPP is \$4 to \$14 per child per month to a maximum of \$42 per month for all children in a family.

How the Plan Works

Each Healthy Families member chooses a Primary Care Physician (PCP). Your PCP takes care of most of your basic health care needs. If there is an emergency, call your PCP anytime, including nights and weekends.

We can help you find the right PCP. You can change your PCP as often as once a month. If needed, your PCP will refer you to one of our many specialists. Members can get family planning and prenatal care without a referral. If you need medicine, your doctor will write you a prescription.

Once you enroll you will receive a welcome call from us, and we will send you a packet with membership information including a Member ID card. You should carry this card with you to all doctors' appointments and to pharmacies to get your medications.

What if I Have a Question about HPSM?

If you need help, or have a problem, call HPSM's Member Services Representatives at **1-800-750-4776**.

How to Choose

To become an HPSM Healthy Families member, write ***HPSM*** in the space provided on the form.



INLAND EMPIRE HEALTH PLAN

Toll Free 1-866-294-IEHP (4347) / 1-800-718-4347 TTY

Call 8 a.m. to 6 p.m., Monday – Friday

Bilingual Staff – English and Spanish Plus Over 140 Other Languages

IEHP is available for \$4 to \$14 per child per month, up to a maximum of \$42 for all children in a family.. With IEHP, you could save up to \$108 a year!

Why Choose Inland Empire Health Plan (IEHP)?

Your child comes first. We're a not-for-profit health plan. That means, we think of your child's health first, not money.

You'll get the help you need. Healthy Families Members gave us top score for customer service in 2006.

You are in charge. Choose from over 600 Primary Care Doctors ... 1,800 Specialists...27 major Hospitals...and more than 500 Pharmacies including Walgreens, Rite-Aid, and Longs Drug.

We care about keeping your child healthy. IEHP offers one of the top-rated Wellness programs (like Asthma Management, Healthy Babies) in California.

It's the Smart Choice. We provide top-notch health care. IEHP received an "Excellent Accreditation" and our Health Management Program earned a "Full Accreditation" from NCQA, the nation's premier quality monitoring organization for health plans. That's your assurance of high quality care.

How the Plan Works

Choosing Your Doctor. You'll choose a Primary Care Doctor to provide care and arrange other healthcare needs for your child. We can help you find a Doctor that is right for your child, and if you want to change the Doctor, just call IEHP Member Services.

Getting Your Prescriptions. Our large network of Pharmacies lets you get your prescriptions right in your own neighborhood.

With IEHP, you're never alone. Can't reach your Doctor? Don't worry. Call our Nurse...24 hours a day...even on weekends and holidays. So you could feel better and not go out. If you need more help, our Nurse will point you to an open clinic (Urgent Care Center) nearby. You'll get the care you need.

How to Choose

Write **IEHP** in the space provided on the Healthy Families Application. Or call us toll-free at **1-866-294-IEHP (4347)**. Our bilingual staff can help you fill out the form.



KAISER PERMANENTE®

Toll Free: 1-800-464-4000

**Call 7 a.m. to 7 p.m., Monday through Friday, and
7 a.m. to 3 p.m., Saturday and Sunday**

**English, Spanish, Arabic, Armenian, Mandarin Chinese,
Cantonese, Cambodian, Farsi, Hmong, Korean, Laotian, Russian,
Tagalog, Vietnamese**

Why Choose Kaiser Permanente?

Kaiser Permanente physicians and health care professionals work together to give you comprehensive health care benefits. The benefits include:

- Physician and hospital services for your child
- Health education services and materials
- Urgent care clinics available on a same-day basis
- Laboratory, X-ray, and pharmacy services conveniently located at each medical facility
- Medical advice by phone and emergency services available 24 hours a day
- Well-baby care and immunizations
- Convenient evening and weekend hours
- Virtually no paperwork

How the Plan Works

Getting Started

Once enrolled, you will receive:

- A Kaiser Permanente ID card for each child enrolled
- *The Guidebook to Kaiser Permanente Services* — a useful guide to our medical facilities including addresses, phone numbers, directions and maps
- *The Healthwise Handbook* — a self-care guide for you and your family with helpful tips on more than 200 health topics

Getting Care

Upon your effective date of enrollment, you will have access to Kaiser Permanente Healthy Families Program benefits and services. At that time, we encourage you to select a personal physician for each of your children. You can make an appointment by calling the Appointment Call Center at the Kaiser Permanente facility that is most convenient for you.

How to Choose

Write ***Kaiser Permanente*** as your choice of health plan in the space provided on the form.



9700 Stockdale Highway Bakersfield, CA 93311
1-800-391-2000 Member Services M - F 8 a.m. - 5 p.m.
English and Spanish

Why Choose Kern Family Health Care (KFHC)?

KFHC is here to make sure your children receive quality health care with a doctor they like. KFHC is local, our providers are local, our services are local and we have a strong commitment to our community. We have a large provider network which includes doctors, clinics, hospitals and pharmacies throughout Kern County. We also offer health education classes and services to help your children stay healthy.

**Kern Family Health Care is chosen by more Healthy Families
Program members in Kern County than any other health plan!**

How the Plan Works

- Each member chooses a primary care practitioner (PCP) from our list (Provider Directory). This doctor will help you with all of your child's health care needs.
- If your child needs specialty care, KFHC will refer you to a KFHC specialist.
- Each time your child needs health services, you make an appointment with the PCP you choose and present your child's KFHC ID card.
- Prescription drugs are covered. Visit any pharmacy listed in our Provider Directory and show your child's KFHC ID card.

Kern Family Health Care Services

- More than 500 health providers to take care of your child.
- 5 local hospitals to serve you.
- 24-Hour Advice Nurse line to answer any of your health care questions.
- KFHC offers health education classes and/or materials for our members, like: How to eat right, How to care for your baby, How to lose weight or Stop smoking.
- Interpretation Services.

How to Choose

Write ***Kern Family Health Care/1015*** in the space provided on the form. If you need assistance, call **1-800-391-2000** or visit us on the web:
www.kernfamilyhealthcare.com.



L.A. Care
HEALTH PLAN

1-888-4LA-CARE (1-888-452-2273)
Call 8 a.m. to 5 p.m., Monday - Friday
We will help you in your language!

Why choose L.A. Care Health Plan?

L.A. Care has a large and conveniently placed provider network. As a member you can choose among more than 4,000 doctors, 1,200 pharmacies, and major hospitals near you. These providers speak several languages and work in your neighborhood. Our members know L.A. Care's providers deliver high quality health care.

Serving only Los Angeles County residents, L.A. Care is the largest public health plan in the nation and growing. L.A. Care's nearly 800,000 satisfied members pass the word to their friends and neighbors. Our members know:

- We are a trusted source for health care.
- We respect our members.
- We understand member needs and culture.

Our members know if they are sick or need a nurse's advice about health care, they can call free - anytime day or night, 7 days a week, even holidays - and we'll help.

Our members know we believe all children deserve high quality and affordable health care. Join us!

L.A. Care works for you - here's how:

- We send you information in English or Spanish
- You may pick your child's doctor from our large network. Or, we can choose a doctor who is right for you.
- The doctor you choose will coordinate your child's health care needs and any needed specialty or hospital care.
- Your child will receive free check-ups and we'll reward you for getting those check-ups!
- You may get your child's prescriptions from any of our pharmacies.
- We arrange free interpreter services during your doctor and pharmacy visits. Just call us and we'll help.

How to Choose

Write **L.A. Care Health Plan** on the form and choose your Primary Care Physician (doctor) - or we'll help you choose a doctor near you. If you have questions or need help, call us free at **1-888-4LA-CARE (1-888-452-2273)** or go to www.lacare.org.



1-888-665-4621

Call 7:00 a.m. to 7:00 p.m., Monday - Friday
English, Spanish, Vietnamese and other languages

Why Choose Molina Healthcare of California?

Molina Healthcare is accredited by the National Committee for Quality Assurance for the Medi-Cal program. We have been providing quality care to California families for more than 20 years. So we know how to design our services to meet your family's needs. At Molina Healthcare, you get...

- **Choice**

With nearly 9,717 primary care doctors and specialists, you can get a doctor right in your neighborhood. Molina Healthcare members can visit Molina clinics or the contracted primary care doctor of their choice.

- **24-Hour Nurse Advice Line**

Molina Healthcare offers a 24-hour, 7-day a week Nurse Advice Line staffed by registered nurses.

- **Same-Day Appointments at a Molina clinic**

Molina Healthcare offers same-day appointments at our conveniently located Molina Medical Centers' clinics in California.

- **Family Health Care**

Molina Healthcare has programs such as prenatal and asthma management that are designed to keep your child healthy.

- **Large Pharmacy Network**

You can go to a drugstore right in your neighborhood including Sav-on, CVS, Rite Aid, Walgreens and more.

- **Low Cost**

Molina is the only plan in Sacramento county available at the lowest monthly cost of \$4 to \$14 per child per month, up to a maximum of \$42 per month for all children in the family.

How the Plan Works

- You choose a Primary Care Doctor, who will be in charge of your child's health care needs. Because your choice of doctor is important, you may switch your child's doctor as often as once a month.
- Your child's Primary Care Doctor will refer your child to a specialist, if needed.
- Your child's prescriptions are covered at our participating pharmacies.
- You will also receive a listing of our hospitals.

How to Choose

Simply write *Molina* in the space provided on the form.

We can help you select a doctor that best fits your child's medical needs. Give us a call at **1-888-665-4621**.

If you need help, call HFP at 1-800-880-5305. The call is free.

SAN FRANCISCO



HEALTH PLAN

Here for you

1-888-558-5858

Call 8:30 a.m. to 5:30 p.m. Monday - Friday

English, Spanish, Cantonese, Mandarin, Vietnamese, and Other Languages

We are available at the lowest rates in San Francisco

You could save up to \$108 a year by choosing San Francisco Health Plan!

Why Choose San Francisco Health Plan?

More Healthy Families Program members choose San Francisco Health Plan than any other plan in San Francisco!

- **Choose Your Own Doctor:** We have over 2,300 primary care providers and specialists with 6 of the best hospitals and 200 pharmacies - all in your neighborhood and who speak many languages.
- **Lowest Cost:** As the only "Community Provider Plan" for San Francisco, your child receives quality medical care at the lowest price. Your monthly rates range from \$4 to \$14 per child per month to a maximum of \$42 for all children in a family.
- **Friendly Staff & Quality Care:** We have a strong commitment to our community and the health of your children. We work hard to give you the best care and customer service and our staff speak many languages and understand your needs

How the Plan Works

- When you enroll, choose a doctor that is right for your child. We can help you find a doctor and you can change doctors any time for any reason.
- Your doctor will help with all your child's health care needs and refer you to a specialist or hospital when needed.
- You will receive a welcome packet with easy to read information on how to use your health plan along with your Member ID card.
- Present your Member ID card at doctor appointments or your pharmacy to pick up prescriptions right in your neighborhood.
- We are here for you every day – for all your health care needs.

How to Choose

Simply write ***San Francisco Health Plan*** in the space provided on the form or call us at **1-888-558-5858** to help fill out the form or choose a doctor.



Santa Clara Family Health Plan

1-800-260-2055

Call Member Services 8:30 a.m. to 5:30 p.m., Monday - Friday

Call the Nurse Advice Line 24-hours

English, Spanish, Vietnamese, and over 100 other languages

Why Choose Santa Clara Family Health Plan?

We are your local health plan. And this is also our home. We live and work right here in Santa Clara County. We know first hand what this community cares about and needs. We were the first to establish a program dedicated to caring for ALL children in the County. As a not-for-profit organization, our entire purpose is to see that you have access to the health care you need and deserve.

- You get the best rates in Santa Clara County. Your monthly rates range from \$4 to \$14 per child per month to a maximum of \$42 for all children in a family.
- We have all kinds of providers for you to choose from, including individuals, groups, clinic and university centers. We have more than 1,600 doctors, 8 hospitals, 190+ pharmacies.
- You receive comprehensive benefits: doctor visits, prescriptions, hospital, emergency room, immunizations and well-baby care.
- You also get: 24-hour nurse advice line services, acupuncture, chiropractic services, interpreter services, asthma programs, and free health education classes and support groups on many topics.

How the Plan Works

- A plan representative will call to welcome you and invite you to a member welcome reception and orientation.
- We'll help you find a doctor that is right for you. Your doctor will refer you directly to a specialist when you need to see one. Members can see their OB/GYN without a referral. And you can change doctors any time for any reason.
- We're here for you all day, every day. Our Member Services department is available to assist you during work hours. Our nurse advice line is available to answer health questions 24 hours a day, 7 days a week. If you need care, and your doctor's office is closed, our advice nurses will help you decide what to do.
- We listen. Join our English, Spanish or Vietnamese Consumer Advisory Committee!
- We will arrange for an interpreter for your doctor visits.
- You can use any of our 190+ pharmacies, including Longs, Walgreens, Rite Aid, Sav-On, Safeway, Albertsons, K-Mart, Target, Costco, and many independent pharmacies.

How to Choose

Write ***Santa Clara Family Health Plan*** in the space provided on the form. Questions? Call us at **1-800-260-2055**.



1-805-677-8787 or 1-800-600-8247
Monday – Friday, 8:30 a.m. – 4:30 p.m.
English and Spanish

Why Choose the Ventura County Health Care Plan?

Cost

- Our monthly cost of \$4 to \$14 per child, up to a maximum of \$36 for all children in the family, is lower than any other plan in the county.

Your Choice

- You may see any network primary care physician (PCP) at any time.
- Female members can see any OB/GYN without a referral.
- You can see any of our specialists at any time.

Medical Services

- Wherever you live in Ventura County, we have urgent care and emergency facilities close by.
- The Ventura County Health Care Plan has some of the finest doctors in the county to take care of your children.
- The Ventura County Health Care Plan has 15 primary care health centers located conveniently throughout the county.
- Prescription drugs are available from most pharmacies in your community, including Long's, Sav-On, CVS, Rite Aid, Medicine Shoppe, Costco, Vons, K-Mart, and many neighborhood pharmacies.

We Work for You – Here Is How

- You take your child to the primary care or specialist doctor of your choice.
- You can see specialist physicians without getting prior approval.
- Call our friendly and bilingual staff any time you have questions or need help at 1-805-677-8787.

How to Choose

Write **VCHCP** in the space provided on the form. Write the name of the primary care physician you want to select for each child or teen in the space indicated on the form. If you need assistance selecting a doctor that best fits your special needs, or have any other questions about the Ventura County Health Care Plan, please give us a call at **1-805-677-8787**. We are here for you!



ACCESS DENTAL

1-888-849-8440

8 a.m. to 6 p.m., Monday - Friday

English and Spanish

Why Choose Access Dental

We have a large number of general and specialist dentists from whom to choose.

Our dentists understand the needs of families with children and provide top quality care.

We make it easy for you. Access dentists are located all over California, so there is likely to be one in your neighborhood. We have many dentists who speak Spanish and other languages. Our network dentist offices are open at least 30 hours a week.

With Access Dental you can get the help you need. We will help you find a dentist near your home, who speaks your language - call us toll-free at **1-888-849-8440**.

How Access Dental Works

When your children join Access, you choose a primary care dentist for each child. This is the dentist who regularly takes care of your child's teeth. We want you to choose a dentist that's right for you - the right location, the right language, and the right office hours. If you need to change dentists, you can - just call us toll-free at **1-888-849-8440** and we will help you make the change.

After you choose a dentist, you can call for an appointment. Your child can usually be seen for check-ups, routine, or follow-up care within three weeks. If your child needs a specialist, ask the primary care dentist first. The dentist will work with Access to find the best specialist for your child.

Access dentists can treat emergencies during office hours on the same day you call. If you cannot reach your child's primary care dentist, go to the closest dentist or emergency room, no matter where you are. Emergency care is available 24 hours a day.

You may call our toll-free line for assistance scheduling any type of appointment (**1-888-849-8440**).

How to Choose

Write *Access Dental* in the space provided on the form.



1-877-580-1042

7:00 a.m. to 5:00 p.m. Monday – Friday

English and Spanish

Interpreter Services Available for Other Languages

Why choose Delta Dental?

Delta Dental has provided dental healthcare to Californians since 1955. Delta Dental is the oldest and largest dental health carrier in California, covering nearly 17 million Californians. We are a non-profit corporation committed to providing customers with access to quality dental healthcare.

How the Plan Works

As a member of Delta Dental, you have access to over 12,815 dentists in our Healthy Families network. Many are in your area. You do not need permission to see a specialist.

With Delta Dental, you can visit any Healthy Families network dentist you wish, and you can change dentists at any time without notifying us. But, it is best to find a dentist you like in your area and see that dentist regularly.

If you cannot find a dentist in your area who speaks your language or has access for the disabled, call our toll-free Customer Service number listed above and we will help you find a dentist.

All network dentists provide access to emergency dental care 24 hours a day, 7 days a week. First call your network dentist if you have an emergency. If you cannot reach your regular dentist, or if you have not yet visited a network dentist, call our toll-free Customer Service number for assistance. This also applies if you are out of your area or out of state. You are covered for dental emergencies no matter where you are.

Delta Dental's Customer Service staff speaks English and Spanish, and has access to interpreters for many other languages. Call our toll-free telephone number. You will be assisted in your language or helped to obtain an interpreter. Our goal is to provide each member with quality dental care.

How to Choose

Write ***Delta Dental*** on your application in the space provided for dental plan choice.



Health Net Dental 1-800-213-6991
Call 8:00 a.m. to 5:00 p. m. PST
140 Languages Through AT&T Language Line

Why Choose Health Net Dental?

Health Net was designed with your child(ren)'s dental care needs in mind. Discover the quality of care and service that our members enjoy...all at an affordable premium with a convenient network of quality dentists and dental specialists.

We provide comprehensive dental services, such as regular check-ups, preventive services, including cleanings, fluoride treatments, sealants, fluoride varnishes and more. Other dental services your children will receive are, fillings, crowns, space maintainers, etc. Health Net has a member service department with trained representatives to answer your questions, with 24-hour support from our dentists.

How the Plan Works

It's simple! All dental care is provided by an organized group of dentists, registered dental assistants, and other dental care professionals who work together as a team to deliver dental care in a fully coordinated manner. All dental care and treatment is arranged by your selected Primary Care Dentist, with the exception of emergency care. The time between making an appointment and receiving a checkup is usually less than two weeks; follow up care is between 2 - 4 weeks or within 24 hours for emergencies.

At the time of enrollment, you will select a Primary Care Dentist from our extensive list of qualified dentists for your child. You may change your dentist as often as you desire by calling member services department.

Your dentist will assist you if a referral for specialty care is needed.

For emergency or urgent care, call the 24-hour emergency toll-free number listed on the Member Identification Card and trained personnel will be happy to answer any questions.

How to Choose

To enroll in Health Net's Dental Plan, write *Health Net, Plan 2010* in the space provided on the form. Then select a Primary Care Dentist from the Provider Directory. If you need assistance in selecting a dentist in your area, please call our member service department at **1-800-213-6991**.

We look forward to welcoming your child(ren) as one of our newest Health Net Dental Plan members.



PREMIER ACCESS

1-888-584-5830

8 a.m. to 6 p.m., Monday - Friday
English and Spanish

Why Choose Premier?

- **More choices**

Premier has a large network of providers that have been credentialed by us. In areas where there are no network providers close to your residence, Premier will allow you to receive care from any provider. Under our program, you are guaranteed access to a provider, either a network provider or non-network provider in areas where there are no contracted providers.

- **More flexibility**

You may choose a provider for any reason you think is important. You may change your dentist at any time. You may choose a dentist whose office is the most convenient for you, and who speaks your language.

- **More help**

You can call Premier's toll-free telephone help line at 1-888-584-5830 for answers to your questions, help finding a certain kind of dentist, or help scheduling appointments.

How Premier Works

When you join Premier, you can go to any of the network dentists in your community. If in your area there are no network dentists, we will refer you to a non-network dentist or you may select your own dentist in those areas. After you choose a dentist, you may call for an appointment.

If you need a specialist you can ask your Premier primary care dentist for a referral.

Whenever your child visits any dentist, take your Premier identification card along. When you show this card at the dentist's office they will call us to verify your eligibility and benefits.

Premier primary care dentists treat emergencies during office hours on the same day you call. If you cannot reach your regular dentist, go to the closest dentist or emergency room, no matter where you are. Emergency care is available 24 hours a day.

How to Choose

Write **Premier** in the space provided on the form.



Customer Service 1-800-880-3080
Call 5 a.m. - 6 p.m., Monday - Friday
English, Spanish
Interpreter Services available for other languages

Why Choose SafeGuard Dental?

For 30 years, SafeGuard has provided dental benefits to people like you who want a quality dental plan as well as excellent service. SafeGuard's network of dental care professionals must meet high standards set by both SafeGuard and the State of California. And with one of the largest networks in the State, you will have excellent access to care. We want you to know that, at SafeGuard, our members are our first priority.

How the Plan Works

Dental care is provided by the SafeGuard network dentist you select when you enroll your child in this plan. You will receive a directory of dentists in your area that lists the ages of children the dentist will treat and the languages spoken. When we receive your enrollment, we will send you a membership ID card. The dentist you selected for your child will be listed. You may change dentists by calling SafeGuard's Customer Service before the 25th day of the month.

On average, an appointment for a check-up will be scheduled two to three weeks from the date you call the dentist. You should wait no longer than 30 minutes when you arrive for your appointment. If the dentist feels your child should see a specialist, you will be provided with the name, address and telephone number of a specialist in your area.

If emergency dental care is needed, call your child's SafeGuard dentist first. If you cannot reach your child's dentist, call SafeGuard during business hours or for recorded instructions after hours. Full information on emergency care can be found on the SafeGuard website at www.safeguard.net and in the Evidence of Coverage booklet you will receive with your ID card.

How to Choose

Write *SafeGuard Dental* in the space provided on the form.

*Benefits provided by SafeGuard Health Plans, Inc.



1-800-805-8000

8:30 a.m. to 5:00 p.m., Monday-Friday

English and Spanish

Interpreter Services Available for Other Languages

Why choose the Western Dental Plan?

For over 50 years, Western Dental has offered quality dental care to California residents of all ages. Western Dental owns and operates over 110 state-of-the-art Western Dental Offices throughout California where we are proud to offer the convenience of extended hours on weekdays and weekends. At our Western Dental Centers, you will be treated by friendly, bi-lingual staff who are eager to assist you.

Western Dental offers the choice of one of our company-owned and operated Western Dental Offices or an independently contracted general dentist conveniently located near you. With our extensive Healthy Families Program Network, you will find a dentist who meets all of your dental needs.

How the Plan works

After selecting Western Dental, you must choose a primary care dentist for each child from Western Dental's Provider List. The list provides information regarding the language capabilities of the office staff and the hours of operation to assist in selecting a dentist who meets your needs. The relationship between patient and dentist is an important one - if you need to change dentists you may do so at any time by calling us at **1-800-805-8000**.

After selecting a dentist, you can make an initial appointment. Your child will be seen within 3 weeks from the date you call to schedule the appointment. Any required follow-ups will be scheduled within 3 weeks. If your child needs to see a specialist, your dentist will work with Western Dental to ensure that you get the appropriate referral within one week of the request.

In the event of an emergency, you will be seen immediately. Western Dental provides emergency care 24 hours a day, 7 days a week. If your dentist is not available when an emergency occurs, call Western Dental at **1-800-522-0056** for instructions.

How to Choose

Write ***Western Dental*** in the space provided on the form.



866-723-0390

5 am to 7 pm PT Monday – Saturday,

7 am to 5 pm PT Sunday

English, Spanish,

more than 150 languages through translation services

EyeMed Vision Care offers a program combining choice, high quality and value with service excellence to meet our members' vision care needs. Our network includes independent providers and retail optical chains. Our focus on quality is demonstrated by our high standards and monitoring and the variety of products offered. We give members additional discounts on eyewear so they save more on vision care. EyeMed has some of the best customer service options in the industry, including the most extensive hours of operation, self-service functions for faster service and an interactive website.

Why Choose EyeMed Vision Care

EyeMed is one of the leading vision plans in the country. You can receive your vision exams and eyewear at nearly 4,000 providers across California. Our provider network includes independent doctors and some of the nation's largest optical retailer/chains, including LensCrafters®, Target Optical, JC Penney Optical and select Pearle Vision and Sears Optical locations.

How the Plan Works

Your EyeMed vision benefit is based on fixed co-payments and allowances. You will pay \$5 for eye exams and standard plastic lenses. The benefit for eyeglass frames is an allowance. You have \$75 to apply to the retail cost of frames. If you choose a more expensive frame, you will receive a 20% discount on the balance. For contact lenses, you have \$110 to apply toward the cost of the contact lenses. If you exceed this amount, you will receive 15% off the remainder. Your provider will help calculate what is owed.

Using your benefit is simple. When calling to make an appointment, let the scheduler know you are an EyeMed member. Show your EyeMed ID card at the exam. Afterward, pay any co-payments and out-of-pocket expenses.

How to Choose

Write *EyeMed* in the space provided on the form.



Customer Service 1-800-880-3080
Call 5:00 a.m. - 6:00 p.m., Monday - Friday
English and Spanish
Interpreter services available for other languages

Why choose SafeGuard Vision

For 30 years, SafeGuard has provided benefits to people like you who want a quality vision plan along with excellent service. SafeGuard's network of vision care professionals are required to meet high standards set by SafeGuard, the State of California and the vision care industry. We check each provider's background and licenses before they take part in the SafeGuard program and we recheck every three years. At SafeGuard, our members are our first priority.

How the Plan Works

- This plan provides an eye exam, new lenses and new frames or contact lenses once a year. SafeGuard has a vision network of more than 3,100 eye care providers in California.
- This network includes providers at many of the locations you visit regularly like Wal-Mart, Target, Sears, and J.C. Penny. If you choose standard lenses and approved frames, your cost could be as little as \$10.
- You do not have to select a provider at enrollment. To make an appointment, just call the vision care provider of your choice and let them know you have SafeGuard vision coverage. You may also see a vision care provider that is not in the SafeGuard network, although the amount you pay will be much higher.
- If you receive care from a non-network provider, you will be required to file a claim with SafeGuard and will be reimbursed the amount shown on your Schedule of Benefits under the "Out-of-Network Coverage" column. You are responsible for the charges above the reimbursement amount.

Full plan information is included in your Schedule of Benefits, and SafeGuard's Member Services Representatives are available to help with your questions.

How to Choose

Write *SafeGuard Vision* in the space provided on the form.

Benefits underwritten by SafeHealth Life Insurance Company



Vision care for life

1-800-877-7239

Call 6 a.m. to 6 p.m. Monday - Friday

English and Spanish

(Interpreter Services Available for Other Languages)

Why Choose VSP?

Vision care is a very important health benefit. Regular eye care can prevent or lessen the severity of a number of serious medical conditions. More than 30 medical conditions, ranging from glaucoma to diabetes, can be detected during a routine eye examination. Founded in 1955, VSP began providing high quality, complete eye care services to members. Today, VSP is the nation's largest eye care provider and covers over 12 million Californians. VSP's provider network includes over 3,970 optometrists and ophthalmologists at 2,932 locations, providing 5,281 points of access throughout California.

How the Plan Works

Simply contact a VSP doctor. If you do not have a list of VSP member doctors, call VSP's Customer Service Department at 1-800-877-7239, or write to: VSP, Customer Service, P.O. Box 997100, Sacramento, CA 95899-7100. When making an appointment, identify yourself as a VSP member through the Healthy Families Program and provide the subscriber's identification number. The participating doctor will contact VSP to verify eligibility and plan coverage. At your appointment, your doctor will provide an eye examination and determine if eye wear is necessary.

You pay only a \$5 co-payment to the doctor for the eye exam and a \$5 co-payment for glasses. Your doctor will bill VSP directly for covered services (you may be charged extra for non-covered cosmetic options). If you elect contact lenses, a \$5 co-payment will be required for the eye exam.

All VSP doctors provide both eye examinations and eye wear, providing a convenient "one stop" means of obtaining eye care services. Patient satisfaction is guaranteed when services are obtained from a VSP doctor.

How to Choose

Write **VSP** in the space provided on the form.

[illegible]

Notes